

DICED, HARD-BOILED EGGS



Servings:	1.00	Category:	Condiments or Other
Serving Size:	2.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40985
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG HRD CKD DCD IQF	1 Fluid Ounce		192198

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Tablespoon

Amount Per Serving			
Calories		53.33	
Fat		3.33g	
SaturatedFat		1.00g	
Trans Fat*		0.00g	
Cholesterol		123.33mg	
Sodium		40.00mg	
Carbohydrates		0.67g	
Fiber		0.00g	
Sugar		0.67g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.67mg	Iron	0.67mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available